

# KIRKLAND PARKS AND COMMUNITY SERVICES

## YOUTH BASKETBALL

### GAME RULES AND GUIDELINES

The goals of the youth basketball program are as follows:

- A) Having fun and enjoying basketball. The program should be enjoyable, rich and rewarding.
  - B) Putting winning in perspective as one goal among others, developing attitudes towards sports which broaden “winning” to include enjoyment, friendships made, and the learning of new skills.
  - C) Learning the importance of teamwork and playing as a team member.
  - D) Involving all players in the game, regardless of ability.
  - E) Developing positive attitudes about the opposing team and the officials which recognize both as indispensable partners in the pleasure of playing basketball.
- (1) Officials - referred to as Game/Court Coach- will have complete control of the game.
  - (2) Uniforms.
    - (a) Players will not be permitted to wear jeans or street clothes while competing. Sweat pants, shorts, jersey and basketball shoes are required. No street shoes or black bottom turf shoes.
    - (b) All players are recommended to wear a mouthpiece. (Optional)
    - (c) Whenever the case- those players with “long” shirts are encouraged to tuck them in.
    - (d) No jewelry may be worn during games. This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc.
    - (e) Coaches are required to wear their official KPCS coach’s shirt to all games. (This is for the benefit of: Other Coaches, Parents, Officials, etc)
  - (3) A game may start when:
    - (a) The pre-game chat with both team coaches and the official(s) has occurred and everyone is in agreement.
    - (b) Each team has at least four players present.
  - (4) The officials will call a forfeit at five minutes past the scheduled start time.
  - (5) A regulation game will consist of four periods of eleven (11) minutes running clock. Time will be kept using the main scoreboard.
    - (a) Time-outs will be one minute in length.
      - The clock will run during time-outs.
      - Each team will have one time-out per half.
      - No time-outs will be permitted in the last two minutes of each half.
    - (b) There will be a one-minute break between quarters and a two-minute break at the half.
    - (c) Games begin with a jump ball; alternating possessions for remainder of game.
    - (d) Maximum of 5 fouls per player.
    - (e) There will be no 3 point line or shots counted.
    - (f) 5/6<sup>th</sup> Grade Games will be scored only by agreement of both teams prior to the game. A maximum of 10pt. spread between teams will be allowed.
    - (g) No Scoring will be allowed for 3/4<sup>th</sup> Grade Teams.
    - (h) Substitutions
      - During pre-game meeting, coaches will discuss and agree on when substitutions will take place.
      - There will be no substitutions during the last 3 minutes of the game.
  - (6) Full-court press or backcourt defense will not be permitted.

- (7) Only man-to-man defense will be allowed. Teams employing a zone (as determined by the official) shall be warned that they are employing a zone. Further violations will result in a two-shot foul, charged on the offending team's coach. Each player should be assigned to an opponent of comparable size, speed, quickness and given the task of preventing a score by guarding that player. Switching- the movement of one player to pick up a teammate's "assigned" opponent is allowed at any time as long as no double teaming occurs.

*NOTE:* Man-to-man defense is the only type of defense permitted. Stress defense by playing the man not the ball. Try to limit excessive and overly aggressive reaching. The bigger kids need to cover ground and move their feet just as much as the others. Keep in mind that many kids are not going to play the position they do now when they get older. On offense, do not purposely use a decoy to draw the defense out. Our philosophy is for kids to play. Accordingly, on offense, everyone must be involved. Spreading your offense is fine as long as it is part of an offensive scheme where all players are utilized. Remember you cannot purposely exploit a man-to-man defense (four men on one side of the court creating a one-on-one situation). Remember, as well, that there are certain conditions in a man-to-man defense in which the man-to-man defense may take on some characteristics of a zone defense. Two offensive situations commonly lend themselves to a double-teaming which is allowable under certain situations. (Dribbling into a corner or holding the ball for an excessive period of time before initiating a pass or shot.)

- (8) Double-teaming or doubling up is not allowed. (Definition: the quick placement of two (2) defensive players on one (1) offensive player with the ball.) **EXCEPTION:** When the ball is in the lane.
- (9) Unusual Offensive Tactics – Isolation plays are not allowed. (Definition: Intentionally pulling a player to an area of the court completely away from the play to purposefully prevent their involvement in a play.)

(10) Free Throws.

- (a) The Free throw line will be from the backboard as follows:

3 <sup>rd</sup> and 4 <sup>th</sup> boys and girls	9 ft
5 <sup>th</sup> boys	12 ft
5 <sup>th</sup> and 6 <sup>th</sup> girls	12 ft
6 <sup>th</sup> boys	15 ft

**Regular free throw rules in effect for all divisions.**

- (b) The lane will be twelve feet in width.
- (c) Any foul determined to be intentional by the officials will result in an automatic 2 points and possession for the team that is fouled.

- (11) Three Seconds In The Key will be as follows:

3rd/4th boys and girls	5 seconds
5th/6th boys and girls	3 seconds

- (12) Back-court guarding is not allowed. A change of possession following a rebound requires the opposing defense to "fall back" to their end of the court. An offensive player may not be guarded until the offensive player has both feet cross the "No Checking" zone/line (the color and location of this line varies from gym to gym) extending into the front court from the mid-court line. Once the ball passes offensively over the line, the zone is eliminated. Fifth and sixth grade boys and girls have 15 seconds to cross the No Checking line

*NOTE:* The intent of the no checking line is to provide players, particularly those with weaker skills, to successfully put the ball in play from the front court.

- (13) Fast break off missed shots [defensive rebounds] or off steals is allowed. A fast break is defined as dribbling or passing the ball up court at full speed from the defensive end to the offensive end without stopping to set up an offensive play or pattern. **Understand the intent of the rules, and use a little**

**common sense.** Do not use the “No-checking” line as an excuse when a player makes a bad pass, when the problem was the pass, not the rules. Also, understand our main philosophy is for the kids to learn basketball and achieve some success in the game.

(14) Playing Time and Substitutions.

- (a) All players must play a minimum two full quarters (22 minutes) per game. Except in cases of injury, fouling out, or illness.
- (b) After a player has fulfilled his/her quarter playing requirements, he/she may be substituted freely. However, those free substitutions may be made only for a player who has also completed his/her playing requirements. (No player should be played for more than 27 minutes or two and one half quarters.)
- (c) In respect to players' injuries, the quarter in which the player was injured will be classified as a full quarter. The substituted player, by the same token, will not get credit for the quarter.
- (d) No player on teams with ten players present can play more than two full or combination of two cumulative quarters (22 minutes) unless mathematically impossible due to lack of team members.

*NOTE:* Many coaches are aware and understand the intent for the rule requiring the kids to play two full quarters. It is recommended that once a player is placed in the game he/she play the entire quarter. This suggestion alleviates coaches from agonizing about minutes played and fellow coaches playing kids too long. Further, substitutions during quarters require new match-ups, which takes playing time away from the kids. For those teams with less than ten kids, the continuous quarter rule is still in effect. In these situations, a few kids will play three quarters, yet no one may play four quarters. In the case a team will be reduced below five players because of fouling out, a player with five fouls will be allowed to continue. However, the foul penalty will increase to three to make two, plus the possession out of bounds.

- (15) There is a roster limit of ten players per team.

(16) Special rules.

- (a) Over and back violations will not apply.
- (b) “Select” players prohibited from participating in league.
- (c) Each team is allowed only one coach and assistant coach in the team area. (A couple of teams may have 3 coaches, this will be fine.)
- (d) 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders play on 10 ft basketball hoops.

- (18) Discipline. Whenever possible, avoid penalizing a child who misses practice, limiting his/her playing time at the game. Quite often children are forced to miss activities due to parental commitments. Do not penalize a child for situations they cannot control. If a behavioral problem persists and you feel limiting playing time is the only solution, please contact the Recreation Coordinator at 425-587-3334 to discuss the matter first.

- (19) Each team must provide a parent to sit at the game table- to operation the possession arrow, ensure substitutions are properly recorded, equal play time, etc.

- (20) Ball Size. 3<sup>rd</sup> and 4<sup>th</sup> Grade use the Junior Size- 27 ¼ to 27 ¾ diameter  
5<sup>th</sup> and 6<sup>th</sup> Grade use the Intermediate Size – 28 to 28.5 diameter

(21) Facility Rules

- (a) Water {only} is permitted in the gym. Food and other beverages (after game snacks) should be distributed outside.
- (b) Shoes with built-in wheels are not permitted in the gym or any facility.
- (c) Children (spectators) etc are not permitted to climb on top of bleachers and must be supervised at all times.